

Slips, Trips and Falls Prevention

OSHA Standard CFR 29 1910.22 (Walking/Working Surfaces)

This section applies to all permanent places of employment, except where domestic, mining, or agricultural work only is performed. Measures for the control of toxic materials are considered to be outside the scope of this section.

"Housekeeping."

All places of employment, passageways, storerooms, and service rooms shall be kept clean and orderly and in a sanitary condition.

The floor of every workroom shall be maintained in a clean and, so far as possible, a dry condition. Where wet processes are used, drainage shall be maintained, and false floors, platforms, mats, or other dry standing places should be provided where practicable.

To facilitate cleaning, every floor, working place, and passageway shall be kept free from protruding nails, splinters, holes, or loose boards.

"Aisles and passageways."

Where mechanical handling equipment is used, sufficient safe clearances shall be allowed for aisles, at loading docks, through doorways and wherever turns or passage must be made. Aisles and passageways shall be kept clear and in good repairs, with no obstruction across or in aisles that could create a hazard.

Permanent aisles and passageways shall be appropriately marked.

"Covers and guardrails." Covers and/or guardrails shall be provided to protect personnel from the hazards of open pits, tanks, vats, ditches, etc.

"Floor loading protection."

In every building or other structure, or part thereof, used for mercantile, business, industrial, or storage purposes, the loads approved by the building official shall be marked on plates of approved design which shall be supplied and securely affixed by the owner of the building, or his duly authorized agent, in a conspicuous place in each space to which they relate. Such plates shall not be removed or defaced but, if lost, removed, or defaced, shall be replaced by the owner or his agent.

It shall be unlawful to place, or cause, or permit to be placed, on any floor or roof of a building or other structure a load greater than that for which such floor or roof is approved by the building official.

SLIPS, TRIPS and FALLS Prevention

DON'T BE IN A HURRY

Trips and falls often occur while people are in a hurry, because they often take short cuts and don't pay attention to what they are doing. We all have tried to jump across an obstacle instead of walking "the long way around" to our destination. These types of acts are unsafe. Learn to slow down and walk sure-footedly by avoiding potentially hazardous short-cuts.

PAY ATTENTION TO YOUR STEP

Avoid injuries by paying attention to where you are walking. Learning to recognize hazards and avoid potential hazards saves time, money and injury. As mentioned previously, resist the temptation to take short-cuts because short-cuts are usually comprised of objects or routes not designed for foot traffic and often consist of unstable, shaky or slippery surfaces.

CLEAN UP SPILLS

Slippery surfaces often don't appear dangerous until you happen to step on them, and then it's too late. Clean up grease, water and other forms of spills as you notice them. Cover icy and greasy spots with sand or dirt or other types of absorbent material.

PRACTICE WALKING SAFELY

If you cannot avoid walking on slippery or wet surfaces, practice walking safely across them. Don't try to run, jump or slide across these slick surfaces. Instead, take slow, short steps with your toes pointed slightly outward. For additional balance, keep your hands at your sides (not in your pockets) to support you if you begin to fall. Remember that a freshly polished floor can also be very slick even though it doesn't usually appear hazardous.

USE NONSKID SHOES AND SURFACES WHEN AVAILABLE

If you work in an area that has slippery surfaces, such as a milking shed or concrete nursery floor, wear shoes that have slip-resistant soles. Ask your supervisor about the correct shoe for your job. Keep your shoes free from grease and oil. On large walkways, use mats or rough grade coverings to assist in minimizing falls.

MAINTAIN PROPER LIGHTING

Inadequate lighting can camouflage what is in your way, so replace light fixtures or bulbs that don't work. When you enter a darkened room always turn on the light first, even if you stay only for a moment. Keep walkways clear of obstructions in areas that have poor lighting.

EXERCISE STAIR SAFETY

Stairs which are too steep or not steep enough can create the potential for trips and falls. Because it is very easy to lose your footing while climbing stairs, walk up and down stairs slowly. Be cautious of worn or broken steps, and of insufficient lighting that may make it difficult to see properly. Never run up or down stairs, and avoid skipping steps. If you have to carry a load while climbing stairs, carry the load so it doesn't block your vision, and keep one hand free, if possible, to hold onto the wall railing.

Slips, Trips and Falls

Safety Training Handout

■ **How Serious is this Hazard?**

- Slips-and-falls account for more workplace injuries and deaths than any other category.
- Falls from ladders and scaffolds kill 350 people and injure 180,000 more every year.
- Falls on stairways disable more than 33,000 people every year.

■ **The Most Common Causes of Slips and Trips are:**

- Inattentiveness – always pay attention to where you're walking
- Wet or worn surfaces – inspect surfaces carefully and clean up non-chemical spills
- Materials, tools, boxes and trash left lying around – keep our walk and work areas clean
- Raises or drops in the floor's elevation – be aware of those areas of floor height change
- Old, worn or inappropriate footwear – wear slip-resistant shoes that are right for the job
- Poorly lit areas – never enter a poorly lit area and notify supervisors of such areas.

■ **Use Ladders Safely:**

- Inspect your ladder for cracks, loose or damaged rungs, broken locks or pulleys, and frayed or worn ropes.
- Place your ladder on a stable, level surface and protect it from accidental tipping by cars and people. Tie the top and bottom to a secure location or have someone steady it for you.
- When climbing, always face the ladder and keep your hands free. Never overextend yourself and keep three points of contact with the ladder at all times.
- Be sure to leave proper overhand on extension ladders, and set them one foot away from the way for every four feet of working ladder height.
- Always remember to lock the spreaders on step ladders before climbing.

■ **Preventing Other Falls:**

- Always inspect the steps before using stairs. Use the handrail, and avoid running or carrying loads that impair your vision.
- Inspect framing and planking of scaffolds before use, ensure proper guardrails are in place and only climb those parts of a scaffold intended to be climbed.
- Be particularly careful on loading docks and vehicles. Docks are exposed to many dangerous conditions. Vehicles can move suddenly, causing a serious fall.
- Cover floor openings as soon as they're created to keep everyone safe.
- Install guardrails and safety nets when needed. Always put on your safety harness when needed and use it throughout the job.
- If you spot a hazard: *Fix it / Flag it, Forewarn* your coworkers and *Find* a supervisor.
- We can all take simple steps to prevent slips, trips and falls.

Preventing Slips, Trips and Falls

Safety Training Handout

■ The “4 Fs”

- Fix it – Determine if you can fix a hazard
- Flag – Block or flag the hazardous area
- Forewarn – Let those nearby know about it
- Find – Your supervisor or Facilities

■ Common Causes of Slips and Trips:

- Spills
- Grease, oil, dirt
- Worn surfaces
- Carpet tears
- Step hazards
- Open drawers
- Trash
- Tools left out in open
- Extension cords

■ Preventing Accidents:

- Keep your work area clean.
- Speak up when others create hazards.
- Block or mark a hazardous area.
- Watch out for others.
- Take extra care on steps, on ramps and in poorly lit areas
- Wear proper footwear.
- Always use handrails.
- Pay extra attention to your work area.
- Speak up if you suspect a fraudulent accident.